

December 22, 2017

To my viewers: I know around the holidays and birthday. The loss of a love ones, friends, children or a spouse is hard to deal with. This when the grief process gets harder, I am dealing with the death of my son.

Joshua Johnson was 4 mths old found in his crib not breathing on December 29, 1994. At first they said he died from SIDS. Three days the autopsy said he died from blunt force injury. So another words he was murdered. This is hard for a parent who loved her child. Parents who are going through this I understand.

I want to give you some pointers from a book title Beyond Grief A Guide for Recovering from the Death of a Loved One Author Carol Staudacher (Human Horizons series)

Let's begin

I. The condition of Grief: Understanding and coping (Grief as the stranger - at some point there is a moment at which you realize the person is not coming back and your original self is never going to be complete or the same. you will spend the rest of your life living with a major loss and it is going to be okay. you can do that. It's not going to be so aching and so terrible that you can't function, that you can't recreate your own life. (mother of a teenaged accident victim). In the midst of your ~~own~~ grief it may be impossible for you to imagine that one day you too will experience a "turning point" you may find it difficult to believe that the majority of people who experience loss are eventually able to say. Even though I will never be the same, it is going to be okay. When your grief begins, the ~~aching~~ aching and the terror are insistent. at ~~times~~ times you think you will never function normally again. you want desperately to be rid of grief and all of its accompanying symptoms - mental and emotional pain, physical weakness, confusion, possibly even contempt for your own life, your own aliveness. There is however only one way for you to live without any grief in your lifetime that is to exist without ~~any~~ grief without love. your grief represents your humanness, just as your love does. It is that humanness which now causes you to wonder how long you will have to endure all the agony that ~~morning~~ mourning brings. The days go on and on, endlessly, ~~a~~ relentlessly. And each day, in its own way is unpredictable. you don't know what it will bring or what it will require of your inner

resources. Each day, after someone dies, you have a different feeling about it. I don't know how long this continues but it changes from morning to evening and from day to day. (Father of six year old leukemia victim) A mother of a seventeen year old son who was killed in a sailing accident reflected on her grief one year after the death. Grief is much more profound ~~from~~ than I ever thought, and much more complicated. It is still the major thing in my life and I don't know how much longer it will be that way. There is no schedule for recovery. While you can generally be expected to experience some emotional healing between the end of the sixth month and the beginning of the second year, you will have your own timetable. You will ~~be~~ do it in your own way, depending upon your individual personality, character and situation. Each person is unique and each situation is unique. ~~but the relationship between~~ This is an important statement I never looked at it this way. Even the relationships between the survivor and the deceased is unique, but the needs of a bereaved person are universal. A sixty-five year old widow in Billings, Montana, makes the same observations about her feelings and expresses the same desires, gults and despair as a thirty-five year old woman ~~survivor~~ SURVIVOR in Atlanta. A Portland man who has been devastated by the sudden death of a teenage son in an automobile accident expressed the same wishes, frustration and anger as his counterpart in New York. The unfamiliarity of Grief - for most bereaved people, their grief has no predecessor. They are not familiar with the grieving process when they are first thrust into it. Grief is like a stranger who has come to stay in both the heart and mind. Even if you had anticipated the death of your husband or friend or child you could not have anticipated all the feelings the loss brought. How do you cope with them? How do you know what to expect, what to do? A nurse, widowed at the age of thirty-two, told of her experience immediately after the ~~un~~ unexpressed death of her husband. I went back to work a week later and the doctors asked me what I was doing there. That upset me because I didn't know what else to do, I said (I don't know what I am supposed to do. I've never lost anyone in my life. What to expect and what to do are not the only

dilemmas. The tormenting questions go on and on. Why am I so angry? How do I convey my pain to others so they'll understand me? Where do these bizarre, disturbing feelings come from? Why do I see ~~you~~ or fear the person who is dead? Am I losing my mind? Will I ever be able to function normally? This book answers these and the other questions that are most commonly raised by those who are mourning the loss of a loved one. To begin with, it is necessary to recognize that your grief is not a stable thing; it is a process. The conditions which make up that process are common to everyone, regardless of the individual's personality, character or situation. The grief process includes - but is not limited to - anguish, fear, denial, ~~despair~~ despair, sadness, anger, anxiety, changing identity and longing. You may experience only a few of these conditions. You may proceed from one condition to another; but more likely, you will move back and forth between two or more conditions or will experience several of them simultaneously. Some grief theorists ~~have~~ delineated stages of grief. The major benefit of this ~~stage~~ structuring has been to make survivors and professionals more aware of grief's components. So ~~any~~ definite order or into any predictable series is an ~~disorganization~~ disorganization and reorganization; but not even these hold true for everyone. Some survivors, for example, do not experience shock and numbness after the loss of a loved one. As you experience grief, one day you may withdraw into your ~~closed~~ closed room feeling hopeless and despairing. The next day you spend six hours shopping and doing errands at a ~~fast~~ frantic pace. One day you resent your own life. The next day you have a desire to plan for the future. You may remain extraordinarily angry or guilty for a very long time. You may have to deal with a lot of doubt, anxiety

and fear before you can begin to function in any normal way. Most important, you and your situation are unique and because of this there will be no definite pattern to your grieving process and your healing cycle. There is however, one solid fact which remains true for everyone; you must go through the center, grief's very core, in order to continue your own life in a meaningful way, for the ones who suffering ~~loss~~ loss of someone dear to you. Go out in purchase this book about Grief it has helped me

Book Title: Beyond Grief (A Guide For Recovery from the death of a loved one)
Author: ~~Carol~~ Carol Staudacher
(Human Horizons series)

written by

Jennifer Johnson

Comments

December 25, 2017

Daca-Dreamchasers why are we messing with these innocent children? That was very mean. These children are not messing with anyone.

- Word of wisdom: Too often children are seen as liabilities rather than assets. But the Bible calls children a heritage from the Lord, a reward. We can learn valuable lessons from their inquisitive minds and trusting spirits. Those who view children as a distraction or nuisance should instead see them as an opportunity to shape the future. We dare not treat children as an inconvenience when God values them so highly.

United States, United Nation, ~~and~~ North Korea and Continent we need to work together and stop being hard on each other. Because at the end of the day, we all need each other. Let's try to lessen the sanction on each other and work together so our Globalization can soar. Let's try to put the chaos to flight and strive for Unity and love and peace ~~among~~. This include U.S. States president Donald Trump and other world leaders stop launching missiles.

Word of wisdom: Peace is so much easier than chaos

Georgia is the worst with seizure
80% was not the fruit of crime

20% was the fruit of crime

^{example} This person could have been pulled over for a broken tail light. Their property was taken such as a large amount of cash they had on them plus they told they car.

Comment:

Very clearly this stealing is from the citizen. But if a citizen stole they would be put in jail or prison. So how is this legal for the law enforcement to commit a crime of thief. This need to be corrected. It's not right at all. Georgia gets away with a lot unlawful things.